

# 8 Ways You Can Help Fight Smog

## **WALK OR RIDE A BIKE**

Automobiles are our major cause of air pollution. When you can, walk or ride a bicycle to get where you're going. If you need to drive, try to do everything in one trip instead of many.

## **RIDESHARE**

When you need to use a car, share the ride with someone else! Use public transportation if you can. The more we ride together, the fewer cars are on the road making pollution!

## **USE ENERGY WISELY**

By saving energy, we cut down on pollution. Turn down the heater in the winter, and the air conditioner in the summer. Turn lights off when you leave the room. Little things add up to save money, and clear the air for everyone!

## **CUT THE DUST**

Don't kick up a lot of dust. Fine dust particles can be carried by winds for hundreds of miles. These small particles damage our lungs, and even cause sickness or death.

## **RECYCLE**

Recycling and using recycled products saves energy and precious natural resources. A ton of recycled papers saves 17 trees! Recycling also reduces the amount of trash going into landfills, which also causes air pollution.

## **STOP THE WASTE**

Look for products that don't use bulky packaging that just gets thrown away. Remember that making and printing that packaging causes air pollution too! Buy products that are safe for the environment.

## **PLANT A TREE OR A PLANT**

Plants produce oxygen for us to breathe and help clean the air. Some plants are very good at cleaning the air that we breathe indoors. Growing trees and other plants helps our air quality and makes our world more beautiful!

## **SPREAD THE WORD**

Teach others how to fight smog and lead by your example. Get in the habit of recycling, ridesharing and saving energy. One person's actions make a big difference...clean air is up to YOU!